

Emotional Health in TV Programs

There are healthy and unhealthy ways of dealing with your emotions. In this activity, you will examine the ways in which emotions are expressed on different television programs and analyze the messages these programs send on the subject of emotional health.

Emotion	How it was expressed	How other characters reacted
Frustration	The character snapped at a younger sibling.	His mother made him apologize and then asked him to discuss what was wrong.

ACTIVITY

Watch a sitcom, drama, reality show, or talk show. Record the ways in which different emotions are expressed throughout the program. Use a chart like the one above to help organize your notes.

Consider the overall message the program sends regarding emotional health. Do the characters demonstrate healthy ways of dealing with difficult emotions? Do they suffer consequences as a result of inappropriate behavior? Are unhealthy ways of expressing emotions corrected? Rate the emotional health of the program, using a scale of

1 to 5, with 5 being the highest and 1 being the lowest.

EXPRESS YOUR VIEWS

Write a one-page review of the program that includes a synopsis of the plot and characters and a description of the consequences of the characters' behaviors. Indicate whether the program provided a positive or negative example of how to express or deal with emotions. Support your viewpoint with specific examples from the program.